

How to use your (FMNP) Food Instruments

- Use your food instruments only at **approved** farmers' markets.
- Look for farmers with signs that say "We accept WIC FMNP food instruments".
- **Remember:** Grocery stores and other produce stands do **not** accept the FMNP food instruments.
- **Do not use your WIC Program Fruit and Vegetable Food Instrument at Farmers' Markets.**
- Each FMNP food instrument is worth a certain dollar amount. Ask the farmer to help you find fruits and vegetables to use up your **entire food instrument**. The farmer cannot give you change.
- Use the FMNP food instrument to purchase **fresh** fruits and vegetables. Only the **eligible foods** can be purchased with FMNP food instruments.
- Processed products including: jams, jellies, breads, meats, eggs, cheese, honey, nuts and flowers, **cannot** be purchased with your FMNP food instrument.
- Use your FMNP food instrument between June 1 and October 30.
- Take care of your FMNP **food instruments**. They **cannot** be replaced if lost, stolen or destroyed.

Eligible Foods



Plus the following cooking herbs:
basil, chives, cilantro, oregano,
thyme, sage, parsley and garlic.

Why Fruits and Vegetables?

FRUITS AND
VEGETABLES
FIGHT TO PROTECT
YOUR HEALTH.

Research shows that
people that eat a diet rich
in fruits and vegetables
have a lower risk of
having:

- Obesity
- Cancer
- High blood pressure
- Stroke
- Heart disease
- Diabetes

*Eating more servings of
fruits and vegetables
every day is one of the
easiest things you can
do for your health!*

In accordance with Federal law and
Department of Agriculture (USDA)
policy, this institution is prohibited
from discriminating on the basis of
race, color, national origin, sex, age
or disability.

This Program is an equal
opportunity
provider and employer.

Visit Your Kentucky Farmers Market Today!

Kentucky WIC Farmers' Market Nutrition Program



WIC is an Equal Opportunity Program

